

Aldridge Running Club - Clubnight Routes

February 2019

Date	Distance	Route		Meeting Point
05/02/2019	1 - 3 Miles	Winter Loops		On the grass outside the club
	4 Miles	Laburnum Road 4		On the carpark
	6 Miles	Mellish Road 6		On road outside club gates
	9 Miles	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	N/A	Effort Sessions	Coach Reeves	Snooker area in the Club House
12/02/2019	1 - 3 Miles	Winter Loops		On the grass outside the club
	4 Mile	Laburnum Road 4		On the carpark
	6 Mile	Mellish Road 6		On road outside club gates
	9 Miles	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	N/A	Effort Sessions	Coach Reeves	Snooker area in the Club House
19/02/2019	1 - 3 Miles	Winter Loops		On the grass outside the club
	4 Miles	Industrial 4 - REVERSE		On the carpark
	6 Miles	Winter 6		On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged	On road outside club gates
	N/A	Effort Sessions	Coach Reeves	Snooker area in the Club House
26/02/2019	1 - 3 Miles	Winter Loops		On the grass outside the club
	4 Miles	Industrial 4 - REVERSE		In the carpark
	6 Miles	Winter 6		On road outside club gates
	9 Mile	Steady 9 Mile Group	Will be announced if arranged	In the Club House
	N/A	Effort Sessions	Coach Reeves	Snooker area in the Club House